



Westport Center for Senior Activities

Fall 2021

Dear Friends and Participants:

As we continue to navigate COVID and the Delta variant, the WCSA team remains committed to providing a safe and welcoming environment to all who participate in activities at the Westport Center for Senior Activities. Throughout the months of October – December, programming will continue virtually, hybrid, outside and in-house. As of the printing of this newsletter, town officials have implemented safety protocols which include that masks must be worn at Town Hall, the Westport Center for Senior Activities, the Westport Library and all other town facilities regardless of your vaccination status. We will continue to implement and enforce all recommended guidance to keep you, the instructors and the staff safe, and require pre-registration for all activities and classes being held in-house at the WCSA until further notice. For everyone's safety, there will continue to be no walk-ins or drop-ins allowed. If you or anyone you know needs assistance or has questions regarding obtaining the COVID vaccine, please call our local health district at 203.227.9571.

Nutrition Program Coordinator, Jacqueline Corona will be leaving us in early September to pursue her dietetic internship so that she can become a Registered Dietitian. Jacqueline has been instrumental in seeing that our most vulnerable, homebound and food insecure residents received meals throughout the COVID pandemic. The WCSA team wishes Jacqueline all the best and sends a big thank you for her dedication, commitment and hard work. She will be missed!

We're pleased to welcome Paulina Przybysz as the new Nutrition Program Coordinator. Paulina holds a Bachelor's Degree in Nutritional Science and is studying to take her Registered Dietitian exam. Paulina has experience in various nutrition settings and is looking forward to meeting you and conducting educational seminars as well as cooking demos for you in the upcoming months.

As always, staff is available and willing to help you should any need arise. Please do not hesitate to reach out for help, to ask a question, or simply to chat with us. Together, we will get through this!

"You are never
too old to set another
goal or to dream
a new dream."

C.S. LEWIS

Looking forward to seeing you,

Sue Pfister, Director and the entire WCSA Team

Oct.-Nov.-Dec. 2021

WCSA Phone Directory:

Main Number 203-341-5099

(answering machine after-hours)

Susan Pfister, MSW, Director

203-341-5098

Holly Betts, RD, Program Manager

203-341-5096

Jason Wilson, Assistant Program Manager 203-341-1066

Paulina Przybysz, Nutrition

Program and Hello Neighbor

Coordinator 203-341-5097

Denise Puskas, Administrative

Assistant 203-341-5095

Felicia Smith, Administrative

Assistant 203-341-5099



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Registration for Fall 2021 Classes!

On the following pages, you will see a list of classes offered and their locations. Some classes will be offered in house and on Zoom simultaneously while others will be listed as Zoom only, or weather permitting as in/outdoors. These classes will be outdoors whenever possible. Registration (see below) is available online at [myactive-center.com](https://myactivecenter.com), by phone (203-341-5099) Monday-Friday from 8:30 am — 4:30 pm, or by mailing in your registration form with a check made out to the WCSA. The WCSA also has a locked drop box to the right of the front door where you can drop off your registration and check. Please note: A \$10.00 late fee will be added for anyone registering after Sept. 30 for any class that runs more than 6 weeks in length. A 2021 Fitness Waiver is required for any exercise class and can be found on our [website](http://www.westportct.gov/seniorcenter) (www.westportct.gov/seniorcenter). Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203-341-5098. All scholarship requests will be kept confidential. **If you have any questions regarding registration, please feel free to call the WCSA at 203-341-5099.**

Registration for the Fall Quarter (Oct.-Nov.-Dec.) will begin for Westport residents on Monday, Sept. 13.

Out of town registration will begin on Monday, Sept. 20.

How to Register for Programs Online: MyActiveCenter is an easy-to-use, secure software program that senior centers across the U.S. use to manage their different programs. With a MyActiveCenter account, you will be able to sign up for classes and special programs online. Each participant of the WCSA will be issued their own log-in ID/Key Tag. If you register online you will pay for your classes and programs with a credit card. There is a convenience fee of 2.75% to use a credit card. **To obtain your MyActiveCenter log - in ID, please contact Felicia Smith, Administrative Assistant by email at: Fsmith@westportct.gov or by phone (203-341-5099). The link for MyActiveCenter is: <https://myactivecenter.com/>.**

How to Contact Us?

The WCSA staff is available by telephone
Monday-Friday from 8:30 am to 4:30 pm:
203-341-5099

By e-mail: seniorcenter@westportct.gov

The quarterly newsletter is available at:
www.westportct.gov/seniorcenter Search us on

Facebook by typing in

Westport Senior Center or [click here:](#)



Oct.- Nov.- Dec. 2021

New Programs

To Register Online: www.myactivecenter.com

See pages 10-15 for dates, times, costs & locations.



Arthritis & Balance Class: This class will take you through a series of exercises from the Arthritis Foundation to alleviate arthritis symptoms and also improve your balance. It will include seated and standing exercises and you can even perform with your cane or walker. Instructor: Nancy Gollinger is a multi-certified fitness professional who focuses on improving the health of special populations. Class limit: 10

Balance, Boxing, Bands and More: Class includes balance, mobility and movement, with a circuit style format for strength and agility exercises, plus boxing. Large bag work will be included. Boxing gloves are provided. Instructor: Judy Samuels. Class limit: 10

Small Group Personal Training/Beginners: Participants will receive a personalized strength training program that will focus on the individual's needs and goals. Programs include a cardiovascular warm-up, stretching and strength training routine. Exercises and weights will be tracked on charts to allow participants to monitor their progress. It is recommended that this class be taken 2 times per week to build strength and bone density, improve balance and reduce risk of injury.

This class is for beginner's only. Instructor: Ilene Boyar. Class limit: 7

Small Group Personal Training/Advanced: This class is a continuation of Small Group Personal Training – Beginner Level. Each person will continue with their personalized strength training program with new exercises added for increased variety and challenge.

Instructor: Ilene Boyar. Class limit: 7

Yoga for Movement Disorders: This class helps with rebuilding strength, balance and flexibility for those with Parkinson's Disease and Dystonia. You will learn a flow of poses specifically designed to benefit individuals whose voluntary movement is challenged. This practice will help to rebuild strength, balance and flexibility. Seated and standing poses are offered and concludes with a short meditative practice. This class is appropriate for all who seek to improve balance, focus and strength. Handouts provided for home practice.

Instructor: Paula Schooler R.N., Certified Yoga Therapist. Class limit: 12

Dance and Stretch: A dance inspired cardio fitness program that is great for men and women. Learn the basic steps of Merengue, Mambo, Cha Cha, Foxtrot, Waltz and Tango. No partners required. Instructor: Sandy Adamczyk. Class limit: 14



Tap Dancing: Tap dancing is a mild aerobic exercise. It exercises every part of you: your brain, body and spirit. The best part of participating in tap dancing is it puts a smile on your face. Tap shoes are preferred. Suggested websites to purchase shoes: Capezio (<https://www.capezio.com/>) or Amazon (www.amazon.com).

Instructor: Sandy Adamczyk. Class limit: 10



Ukulele for Beginners: Learn to play this fun instrument! You do not need to be able to read music, just come and have fun! This class is for complete beginners. Information on renting or purchasing a ukulele will be discussed the first week. Wendy will have ukuleles to borrow for the first two weeks. Instructor: Wendy Matthews. Class limit: 9

Ukulele/Intermediate Level: Intermediate Ukulele is for those who already know how to play the uke, and wish to continue to build their ukulele skills. Learn to strum more consistently and pick more precisely. Play, sing and have fun! Instructor: Wendy Matthews. Class limit: 9

Painting En Pleine Air: Artist Judy Lambertson will be guiding you in the techniques of painting En Pleine Air. This class will be held outdoors at selected parks in Westport so please dress appropriately for the sun and cool weather. You will need to bring your own easel to use outside. You may prefer to bring a small, folding table and chair with a tabletop easel. Suggested medias: oils, watercolor, pastels, colored pencils. Supply list will be provided. *This class is in partnership with the Westport Parks and Recreation Dept.* Class limit: 5



Abstract Art: Abstract art uses visual language of shape, form, color and line to create a composition which may reflect a real image or an imaginary image. You will incorporate nature into your design. This is a perfect class to discover your creative self and you do not need to know how to draw. Supply list will be provided. Instructor: Althea Ericsson. Class limit: 10



Beginners Bridge 1: For the real beginner bridge player. It will cover the basics and the major suits. *Note: Cost of class includes the required text.* Instructor: Sharon Lyons. Class limit: 12

The Stayman & Jacoby Transfer Conventions: These two conventions are essential to becoming a good bridge player. They appear constantly throughout playing bridge, and are a definite necessity to advance in bridge playing. Learn about these two techniques in this 8-session course. Instructor: Sharon Lyons. Class limit: 12

Beginner Mahjong: Mahjong is a tile-based game that was developed in China during the Qing Dynasty and has spread throughout the world since the early 20th century. Similar to the Western card game rummy, Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. 2021 Mahjong card included. Instructor: Shelley Moll. Class limit: 12

Oct.- Nov.- Dec. 2021

New Programs

To Register Online: www.myactivecenter.com

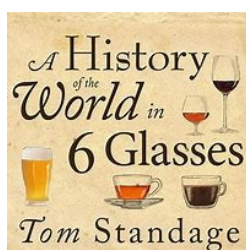
See pages 10-15 for dates, times, costs & locations.



Ekphrastic Writing: Ekphrastic (ek'frastik) refers to a form of writing, wherein the author describes another work of art, usually visual. It is used to convey the deeper symbolism of the artwork through the written word. It has often been found that ekphrastic writing is rhetorical in nature and symbolic of a greater meaning. In this class, a painting from the walls of the WCSA, will be chosen each week as the essay subject matter. Many of these paintings belong to the Westport's Permanent Arts Collection. Instructor: Diane Lowman. Class limit: 12

Finding the Right Words & Writing About Difficult Topics: For writers of difficult topics, this might be an emotional landmine, but perhaps it's also the hidden heart of your piece waiting to be revealed. How do we write about difficult subjects? How do you write about illnesses within our bodies, that no one else can feel? How do we give voice to the forces which threaten our bodies? How do we find language to make someone feel what only we feel? Dustin will teach you the tools you need to write about difficult subjects. Instructor: Dustin Lowman. Class limit: 12

Shakespeare Discussion Group: William Shakespeare is arguably the most famous crafter of words in the English language. Join us as we engage in a lively discussion of three of his best-known plays: *Hamlet*, *Much Ado About Nothing*, and *Macbeth*. Shakespeare Scholar (and Westport's Poet Laureate) Diane Lowman will lead the group in a spirited group exploration. Participants are asked to bring a copy of the play with them to class. Please note: *This is not a lecture series; participants should have at least some familiarity with each play.* Diane received her M.A. in Shakespeare Studies from the University of Birmingham's Shakespeare Institute in Stratford-Upon-Avon. Class limit: 12



Book Discussion: The History of the World In 6 Glasses: According to the L.A. Times: "There aren't many books this entertaining that also provide a cogent crash course in ancient, classical and modern history." In author Tom Standage's deft, innovative account of world history, these six beverages (wine, beer, sprits, tea, coffee and Coca-Cola) turn out to be much more than just ways to quench thirst. They also represent six eras that span the course of civilization—from the adoption of agriculture, to the birth of cities, to the advent of globalization. *A History of the*

World in 6 Glasses tells the story of humanity from the Stone Age to the twenty-first century through each epoch's signature refreshment. Books may be purchased from the WCSA for \$12.00 or you may obtain a digital copy on hulu through the Westport Public Library. Facilitator: Art Gottlieb. Class limit: 20

Oct. - Nov. - Dec. 2021

Wellness & Support Groups

To Register Online: www.myactivecenter.com

[See pages 10-15 for dates, times, costs & locations.](#)



Let Go of Stress & Tension: Let Go of Stress and Tension is a workshop facilitated by Deirdre Ekholdt, LCSW. Stress and tension take a toll on the body and mind, but you can learn to let go and relax. You will be guided through proven stress techniques including mindfulness, breathing and guided imagery to experience a state of deep relaxation. Class limit 15.

SWCAA Caregiver Support: Terry Giegengack, MA will facilitate this caregiver support group for participants to share their challenges and successes when caring for a loved one. Terry's professional experiences include casework and administrative positions, both in Westport and Fairfield's Departments of Human Services. She is a graduate of Fairfield University with a Master's Degree in Counseling and Continuing Education. Please contact Holly Betts, Program Manager at 203-341-5096 or via email: hbetts@westportct.gov to register. **This program is supported by a grant from the Southwestern Connecticut Agency on Aging (SWCAA).** Class limit 15.

Alzheimer's Support: The purpose of early-stage support groups is to provide a safe and supportive environment of peers who are living in the early stages of Alzheimer's Disease or related dementia and their care partners. These groups offer dementia-related education, emotional support and connections with resources so that the group members may enhance their lives in the midst of the disease. This group is for people living with Alzheimer's Disease or other dementia and are in the early stage of the disease. "Early stage" refers to people of any age with Alzheimer's Disease or other dementia, who are in the beginning stage of the disease. In the early stage of Alzheimer's, most people function independently with limited support from a care partner. To register please contact Heather Gately with Home Instead Senior Care at 203-833-9924. This group meets the second Tuesday of every month at the WCSA from 11:00 am. - Noon.



Just for Women: This group will be an open forum for discussion of issues or challenges that participants may be facing in their life, and share in a supportive atmosphere. Personal stories will remain strictly confidential. Channe Fodeman, LCSW will facilitate. Channe specializes in clinical social work in Fairfield County and has over 46 years of experience in the field. Class limit 15.

Parkinson's Support: Facilitated by Maureen Matuszewski and Alison Smith, this group will share challenges, techniques, support and knowledge related to Parkinson's disease. Professional guest speakers are often invited to share their knowledge. Family and caregivers are welcome.

Oct. - Nov. - Dec. 2021

Wellness & Support Groups

To Register Online: www.myactivecenter.com



Happiness Through Mindfulness Meditation: Learn how to face and transform stress, pain and illness, manage anxiety and be comfortable with uncertainty. Cultivate resilience to respond to life's challenges and keep a positive attitude. Connect with and develop inner resources and learn practical skills to work with and process difficult emotions of fear, grief and anger. Learn mindfulness meditation as we train the mind and open the heart to awaken joy, kindness and compassion. See pg. 14 for dates and times. Facilitator: Dr. Paul Epstein. Class limit 20.

Alzheimer's Walk at Calf Pasture Beach, Sunday October 10: The Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death. For the fourth year, the WCSA is sponsoring a team called "Reality Check"! You can get involved by joining our team and walking on October 10, or you can donate to team "Reality Check" to show your support. To register or donate go to <http://act.alz.org>.



Senior Resources

CHOICES: Medicare Information: CHOICES helps Connecticut's older adults with Medicare understand their Medicare and health care options. Volunteers will provide information (free of charge) on Medicare, Medigap, Medicare Managed Care, Medicaid, Long Term Care Insurance and other related State & Federal programs. Jerry Demner will be scheduling virtual appointments. In addition we will have two volunteers who will schedule in-house appointments. **Please call 203-341-5099 to schedule a virtual or in-house appointment.**

Medicare Part D Enrollment Screenings: Open enrollment for Medicare Part D is Oct. 15 - Dec. 7. CHOICES certified counselors will be available to assist seniors and help you review your current coverage and to see if you are in the plan that best fits your needs in 2021. Please have your Medicare Card, your Medicare.gov account ID and password, your current Part D plan card and a list of all current prescriptions, including quantity and dosage information. For more information visit the Medicare.gov website at <https://www.medicare.gov/sign-up-change-plans/joining-a-health-or-drug-plan>. **Please call 203-341-5099 to schedule a virtual or in-house appointment.**



"HELLO, NEIGHBOR!" CONNECTING NEIGHBORS ACROSS WESTPORT: The Department of Human Services and the WCSA offer a community program that connects caring volunteers with Westport seniors. "Hello, Neighbor" provides a warm community connection through weekly phone calls, encouraging fellowship, and combating loneliness. Phone calls are purely social and conversational. Get to know your neighbors! We are all in this together. Once paired, you can establish a mutually convenient time to chat with your volunteer partner. In addition, Westport seniors wishing for assistance with basic grocery runs now have a reliable and safe delivery option with a caring neighbor's help. No apps or membership fees, just simple acts of kindness to help when needed! Volunteer shoppers undergo a background check before being matched with a screened senior resident requesting assistance. To volunteer, request assistance, or learn more, please [click here](#) or call Paulina Przybysz at (203) 341-5097. If you know of someone who would benefit from a friendly conversation, please let them know that many Westporters are ready to chat!



Municipal Agent for the Elderly Kristen Witt, will visit the WCSA to talk with our seniors and offer assistance/information. Municipal Agents assist elders within their towns by disseminating information regarding the available community resources and potential benefits. They make referrals to a wide variety of services and benefit programs, and help older adults apply for government programs. Kristen brings 25 years of experience advocating for our seniors. She attended Westport schools, graduated from Staples High School, and received her Bachelor's Degree in Social Work from Concordia College, a Master's Degree in Social Work from Fordham University and is a Licensed Clinical Social Worker. To make an appointment please call Kristen at 203-341-1050 or contact via email: kwitt@westportct.gov.

The WCSA will be closed for the following holidays:

Mon. Oct. 11 — Columbus Day

Thurs. Dec. 23, Fri. Dec. 24 — Christmas

Thurs. Nov. 11 — Veteran's Day

Thurs. Dec. 30, Fri. Dec. 31 — New Years

Thurs. Nov. 25, Fri. Nov. 26 — Thanksgiving



The WCSA YouTube Channel Offers Classes, Concerts & Programs:



Check out the WCSA YouTube channel featuring fun and educational activities. Unlike Zoom, you only need access to the internet to participate in a variety of free classes, documentaries and fun activities. Many of the Friday afternoon Friends' concerts and other past programs can be found on our YouTube channel. You'll even recognize some of our own instructors including **Shelley Moll with Aerobic Chair class, Ruth Sherman with Parkinson's Fitness and Dr. Paul Epstein with Mind as Healer**. Simply click on the link below and it will take you to the WCSA's YouTube channel. Once there, click on "Playlist" to see offerings. **WCSA YouTube Channel:**
<https://bit.ly/3eGnAPR>

Channel 79 Optimum: **Exercise Your Mind & Body with Patty Kondub:** Exercise instructor Patty Kondub will be conducting a fun exercise class on Westport Public Access TV Channel 79, and Channel 6020 (Frontier customers) every **Friday morning from 10:00 - 11:00 am**. Join Patty for a workout to music with chair and standing exercises, balance, brain building, memory games and posture exercises. Weights or cans and a pillow may be required. Patty is the Staples High School Girls Golf Coach and teaches water aerobics at the Westport Weston Family YMCA. Sponsored by the Friends of the WCSA.



Weekly Documentaries



Weekly Documentaries Shown In-House: Every Wednesday the WCSA shows a free documentary! A list of the current month's documentaries can be found in our weekly email newsletter. Each documentary starts at 2:30 pm. Ending time depends on the length of the film. Pre-registration is required. If you prefer to watch at home, see the WCSA YouTube channel.

Computer/Tech Help

Friday Tech Help: Are you confused about your tech device? Our team of tech volunteers will assist with your computer tech questions such as signing in, password re-set, downloading and uploading files. **Volunteers are available for 1/2 hour appointments on Friday from 3:15 - 4:15 pm.** Appointments are required and can be made by calling 203-341-5099.

Online Tech Help With The SMORES: SMORES stands for **S**ocial **M**edia **O**utreach **E**ducators and is comprised of Staples High School students. The SMORES are available to help those who may struggle with electronic devices - particularly cell phones, iPads, and social media sites such as Facebook and Instagram. **For an appointment, please contact Assistant Program Coordinator, Jason Wilson at 203-341-1066.**

Westport Center for Senior Activities Fall Classes Oct.-Nov.-Dec. 2021

The WCSA is pleased to offer classes on Zoom and at the WCSA! **To register for any of the classes listed below**, the WCSA offers online registration at www.myactivecenter.com. Staff will also help you register over the phone. You may pay by credit card or by check made out to WCSA and mailed to: Westport Center for Senior Activities, 21 Imperial Ave., Westport, CT. 06880. Please note: Some classes have limited space and will be filled on a first come, first served basis. Registration is on-going throughout the quarter. There is a locked drop box located outside the front door of the WCSA for your convenience to drop off your checks and registration forms. Class descriptions are available on the WCSA website: [Click Here \(www.westportct.gov/seniorcenter\)](http://www.westportct.gov/seniorcenter)

WCSA Classes Fall 2021: Exercise	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Arthritis & Balance Mon. 1:00-2:00 pm <i>Limit 10</i>	\$48	Nancy Gollinger	10/4-12/27	Outdoors	12	10/11
Balance, Boxing and Bands, Thurs. 1:30-2:30pm <i>Limit 10</i>	\$36	Judy Samuels	10/7-12/16	In-house	9	11/11,11/25
Cardio Strength Fri. 9:30 am. <i>Limit 10 in-house</i>	\$44	Shelley Moll	10/1-12/17	Hybrid	11	11/26
Chair Aerobics Thurs. 9:30 am. <i>Limit 24</i>	\$18	Shelley Moll	10/7-12/16	In-house	9	11/11,11/25
Chair Aerobics Tues. 9:30 am. <i>Limit 24</i>	\$26	Shelley Moll	10/5-12/28	In-house	13	
Dance & Stretch Tues. 1:00 pm. <i>Limit 14</i>	\$44	Sandy Adamczyk	10/5-12/21	In-house	11	11/23
Essentrics/Gentle Stretch Mon. 11:00 am.	\$44	Dyan DeCastro	10/4-12/20	Zoom	11	10/11
Functional Fitness Fri. 10:30 am. & 12:30 pm. <i>Limit 7</i>	\$44	Shelley Moll	10/1-12/17	In-house	11	11/26
Functional Fitness Wed. 10:30 am. & 12:30pm. <i>Limit 7</i>	\$52	Shelley Moll	10/6-12/29	In-house	13	
Functional Fitness Mon. 10:30 am. & 12:30pm. <i>Limit 7</i>	\$48	Shelley Moll	10/4-12/27	In-house	12	10/11
Functional Fitness Thurs. 8:30, 10:00 & 11:15 am. <i>Limit 7</i>	\$36	Judy Samuels	10/7-12/16	In-house	9	11/11, 11/25
Functional Fitness Tues. 9:00 & 11:00 am. <i>Limit 7</i>	\$52	Judy Samuels	10/5-12/28	In-house	13	
Mind & Muscle Wed. 1:00 pm. <i>Limit 24</i>	\$20	Patty Kondub	10/6-11/3	Outdoors	5	
Muscle & Tone Fri. 11:30 <i>Limit 8</i>	\$44	Shelley Moll	10/1-12/17	In-house	11	11/26
Muscle & Tone Wed. 11:30 am. <i>Limit 8</i>	\$52	Shelley Moll	10/6-12/29	In-house	13	



Westport Center for Senior Activities

Fall Classes Oct.-Nov.-Dec. 2021

All Classes Require Pre-registration

WCSA Classes Fall 2021: Exercise	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Muscle & Tone Mon. 11:30 am. <i>Limit 8</i>	\$48	Shelley Moll	10/4-12/27	In-house	12	10/11
Muscle & Tone Tue. 10:00 am. <i>Limit 8</i>	\$52	Judy Samuels	10/5-12/28	In-house	13	
Parkinson's Fitness Wed. 10:15 am. <i>Limit 24</i>	\$0	Ruth Sherman	10/6-12/29	In-house	10	10/27,11/24,12/22
Pilates Mat for Strength and Flexibility Thurs. 10:45 am. <i>Limit 24</i>	\$36	Charlene Erwin	10/7-12/16	In-house	9	11/11,11/25
Pilates Mat for Strength and Flexibility Tues. 11:00 am. <i>Limit 24</i>	\$48	Charlene Erwin	10/5-12/21	In-house	12	
Rise & Shine Yoga Sat. 8:45 am.	\$48	Paula Schooler,RN	10/2-12/18	Zoom	12	
Strength Training Fri. 10:00 am. <i>Limit 14</i>	\$44	Sandy Adamczyk	10/1-12/17	Zoom	11	11/26
Strength Training Mon. 1:00 pm. <i>Limit 14</i>	\$40	Sandy Adamczyk	10/4-12/20	Zoom	10	10/11, 11/29
Strength Training Wed. 1:00 pm. <i>Limit 14</i>	\$44	Sandy Adamczyk	10/6-12/22	Zoom	11	11/24
Tai Chi Advanced Fri. 11:15 am. <i>Limit 10</i>	\$44	Mari Lewis	10/1-12/17	Hybrid	11	11/26
Tai Chi Intermediate Mon. 11:00 am. <i>Limit 10</i>	\$44	Mari Lewis	10/4-12/20	Hybrid	11	10/11
Small Group Personal Training/Beg. Mon. 3:30 pm. <i>Limit 7</i>	\$48	Ilene Boyar	10/4-12/27	In-house	12	10/11
Small Group Personal Training/Beg. Wed. 3:15 pm. <i>Limit 7</i>	\$48	Ilene Boyar	10/13-12/29	In-house	12	
Small Group Personal Training/Adv. Mon. 2:00 pm. <i>Limit 7</i>	\$48	Ilene Boyar	10/4-12/27	In-house	12	10/11
Small Group Training/Adv. Tues. 1:00,2:00,3:30 pm. <i>Limit 7</i>	\$52	Ilene Boyar	10/5-12/28	In-house	13	
Small Group Training/Adv. Wed. 2:00 pm. <i>Limit 7</i>	\$48	Ilene Boyar	10/13-12/29	In-house	12	
Small Group Personal Training/Adv. Thurs. 2:15 & 3:30 pm. <i>Limit 7</i>	\$32	Ilene Boyar	10/14-12/16	In-house	8	11/11, 11/25
Small Group Personal Training/Adv. Fri. 3:15 pm. <i>Limit 7</i>	\$40	Ilene Boyar	10/1-12/17	In-house	10	10/8, 11/12, 11/26

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Tap Dancing Thurs. 1:00 - 2:00 pm. <i>Limit 14</i>	\$36	Sandy Adamczyk	10/7-12/16	In house	9	11/11,11/25
Weights in Motion Mon. 9:30 am. <i>Limit 10 in-house</i>	\$48	Shelley Moll	10/4-12/27	Hybrid	12	10/11
Yoga Beginning Thurs. 10:30 am. <i>Limit 8</i>	\$36	Jeannie Labate	10/7-12/16	Zoom	9	11/11,11/25
Yoga for Movement Disorders Tues. 11:15am <i>Limit 12</i>	\$48	Paula Schooler, RN	10/5-12/21	In house	12	
Yoga for Strength & Relaxation, Rejuvenation Sat. 10:00 am.	\$40	Maria Vailakis -Wippick	10/2-12/18	Zoom	10	10/16,10/23
Yoga Very Gentle, Chair Sat 11:15 am.	\$40	Maria Vailakis -Wippick	10/2-12/18	Zoom	10	10/16,10/23
Yoga For Wellbeing Tues. 7:45 am. <i>Limit 12</i>	\$48	Paula Schooler, RN	10/5-12/21	Hybrid	12	
Yoga, Total Health Fri. 8:45 am. <i>Limit 24</i>	\$36	Denise O'Hearn	10/1-12/17	Zoom	9	11/15,11/26, 12/17
Yoga, Total Health Wed. 8:45 am. <i>Limit 24</i>	\$44	Denise O'Hearn	10/6-12/29	Zoom	11	11/3,12/15
Yoga, Total Health Mon. 8:45 am. <i>Limit 24</i>	\$40	Denise O'Hearn	10/4-12/27	Zoom	10	10/11,11/8, 12/20
Yogalattes Thurs. 11:40 am. <i>Limit 8</i>	\$36	Jeannie Labate	10/7-12/16	Zoom	9	11/11,11/25
Zen Flow Wed. 9:30 am. <i>Limit 10 in-house</i>	\$52	Shelley Moll	10/6-12/29	Hybrid	13	
Zumba Gold Wed. 10:30 am. <i>Limit 10</i>	\$52	Karen Liss	10/6-12/29	Zoom	13	





Westport Center for Senior Activities

Fall Classes Oct.-Nov-Dec. 2021

WCSA Classes Fall 2021: Art & Music	Cost	Instructor	Dates	Location	Total ses- sions	No Class Dates
Abstract Art Mon. 1:30 pm. <i>Limit 10</i>	\$44	Althea Erikson	10/4-12/20	In house	11	
3-D Origami w/Nor Wed. 10 am. <i>Limit 4</i>	\$10	Nor Smitobol	10/20-12/29	In house	11	
Beading/Jewelry Fri. 10:00 am. <i>Limit 10</i>	\$44	Kyra Avalotis	10/1-12/17	In house	11	11/26
Bringing the Outdoors In Thurs. 1:00 pm. <i>Limit 20</i>	\$32	Chris Goldbach	10/14-12/16	Zoom	8	11/11, 11/25
Drawing Flowers, Session I. Tues. 1:00 pm. <i>Limit 18</i>	\$24	Dick Rauh	10/5-11/9	Zoom	6	
Drawing Flowers, Session II. Tues. 1:00 pm. <i>Limit 18</i>	\$24	Dick Rauh	11/16-12/21	Zoom	6	
Drawing Mixed Levels Thurs. 4:00 pm. <i>Limit 20</i>	\$32	Chris Goldbach	10/14-12/16	Zoom	8	11/11, 11/25
Knit One Nibble One Tues. 1:00 pm	\$0	Ellen Lane	10/5-12/28	In house	13	
Mastering the Medium Fri. 1:30 pm. <i>Limit 9</i>	\$40	Linda McKie- McCellan	10/1-12/17	In house	10	10/29, 11/26
Oil Painting Mon. 10:15 am. <i>Limit 8</i>	\$44	Judy Lambertson	10/4-12/20	In house	11	10/11
Open Craft Wed. 1:00 pm.	\$0	Jean Handy	Every Wed.	In house	13	
Open Art w/Nor Thurs. 10:00 am. <i>Limit 9</i>	\$0	Nor Smitobol	10/7-12/16	In house	9	11/11, 11/25
Painting En Pleine Air Wed.. 10:15 am. <i>Limit 5</i>	\$75	Judy Lambertson	10/6-11/3	In house	5	
Stained Glass Workshop Fri. 10:00 am. <i>Limit 5</i>	\$32	Nor Smitobol	10/22-12/17	In house	8	11/26
Tom's Open Art Tues. 10:00 am. <i>Limit 9</i>	\$0	Nor Smitobol	10/5-12/21	In house	12	
Ukulele for Beginners Tues. 11:00-12:00 pm. <i>Limit 9</i>	\$48	Wendy Mathews	10/5-12/21	In house	12	
Ukulele Intermediate Level Tues. 12:30 -1:30 pm. <i>Limit 9</i>	\$48	Wendy Mathews	10/5-12/21	In house	12	
Working with Watercolor Pen- cils and Colored Pencils Fri. 10:00 am. <i>Limit 12</i>	\$32	Lisa Arnold	10/8-12/3	In house	8	11/26



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All Classes Require Pre-registration

<u>WCSA Classes Fall 2021: Discussion Groups</u>	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Alzheimer's Support/Early On-set Tues. 11:00 am.	\$0	Heather Gately	2nd Tues.	In-house	3	
SWCAA Caregiver Support Wed. 10:00 am <i>Limit 15</i>	Donations accepted	Terry Giegengack	1st & 3rd Wed.	Zoom	6	
Contemporary Issues Mon. 10:30 am.	\$0	Art Gottlieb	1st & 3rd Mon.	Zoom	6	
Current Events Tues. 10:45-11:45am <i>Limit 30</i>	\$0	Jon Fox	10/5-12/28	In-house	13	
Happiness Through Mindfulness Meditation Thurs. 11:00 am. <i>Limit 20</i>	\$0	Dr. Paul Epstein	10/7-12/16	In-house	7	10/21,10/28 11/11,11/25
Just for Women Thurs. 3:00 - 4:00 pm. <i>Limit 15</i>	\$0	Channe Fodeman	1st & 3rd Thurs.	Zoom	6	
Letting Go of Stress Wed. 1:30 pm. <i>Limit 15</i>	\$0	Deidre Ekholdt	1st Wed.	In-house	3	
Parkinson's Support Wed. 10:15 am.	\$0	Maureen Matuszewski & Alison Smith	4th Wed.	Zoom	3	

<u>WCSA Classes Fall 2021: Writing/Literature</u>	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Book Discussion: A History of the World in 6 Glasses Wed. 10:30 am. <i>Limit 20</i>	\$24	Art Gottlieb	10/6- 11/10	In-house	6	
Shakespeare Discussion Group: Mon. 10:30 am. <i>Limit 12</i>	\$12	Diane Lowman	10/18,11/15,12/13	In-house	3	
Shelf Awareness Book Club Wed. 2:00 pm.	\$0	Jill Meyer	2nd Wed.	In-house	3	
Ekphrastic Writing Tues. 1:30 pm. <i>Limit 12</i>	\$16	Diane Lowman	10/5-10/26	In-house	4	
Finding the Right Words for Difficult Subjects Tues. 1:30 pm. <i>Limit 12</i>	\$16	Dustin Lowman	11/2-11/30	In-house	4	11/23



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WCSA Classes Fall 2021: Language/Games/Tech Help	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Beginner's Mahjong (Includes 2021 Card) Mon. 1:45-3:15 pm. <i>Limit 12</i>	\$60	Shelley Moll	10/4-12/27	In-house	12	10/11
BINGO Thurs. 1:15 pm.	Bingo Only: Free Lunch: \$8	Volunteer	Every Thurs.	In-house	9	11/11, 11/25
Bridge Instruction/Stayman Wed. 2:30 pm. <i>Limit 12</i>	\$55 (includes book)	Michael Hess	10/6-12/1	In-house	8	11/24
Bridge One for Beginners Tues. 1:00 pm. <i>Limit 12</i>	\$55 (includes book)	Diana Sussman	10/5-11/30	In-house	8	11/23
French, Conversational Wed. 10:30 am. <i>Limit 10</i>	\$52	Nell Mednick	10/6-12/29	In-house	13	
French, Intermediate Wed. 1:00pm. <i>Limit 10</i>	\$52	Nell Mednick	10/6-12/29	In-house	13	
Spanish , Beginners (Includes book) Thurs. 2:30 pm. <i>Limit 10</i>	\$49	Nell Mednick	10/7-12/16	In-house	9	11/11, 11/25
Spanish Conversational Thurs. 1:00pm. <i>Limit 10</i>	\$36	Nell Mednick	10/7-12/16	In-house	9	11/11, 11/25
Tech Club Fri.3:15-4:15 pm.	\$0	Volunteer	10/1-12/17	In-house	11	11/26

Nutrition Talk: Special Nutrient Needs of Older Adults



According to Sarah Klemm, RDN, “eating right and staying active are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health.” Important nutrients for older adults are Calcium and Vitamin D, Vitamin B12, Dietary Fiber, Potassium and although the body needs fat, you should be aware of the type of fat you are consuming.

For more information on this topic, please [click here](#) to access the website for the Academy of Nutrition and Dietetics.

The Westport Center for Senior Activities

Registration Worksheet

Fall 2021

Registration for the Oct. 1 - Dec. 29, 2021 semester can be done at myactivecenter.com, or by calling the WCSA at 203-341-5099, or by mailing or dropping off in our locked drop box, your completed registration form with a check made out to WCSA. If you register by phone or online, you must pay with a credit card at the time of purchase. Credit card transactions are subject to an additional convenience fee of 2.75%. Phone registrations will be available from 8:30 am to 4:30 pm, Monday - Friday. Please do not leave your registration requests on the answering machine as they will not be honored. *Please note: A \$10.00 late fee will be added for anyone registering after September 30 for any class that runs the entire semester.* Scholarships for Westport residents are available by contacting WCSA Director Susan Pfister at 203-341-5098. All scholarship requests will be confidential. If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees.

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u>	<u>Fee</u>
				\$
LATE FEE...				
TOTAL PAYMENT DUE.....				\$

Name: _____ Phone #: _____

Westport Resident? _____ Yes _____ No Date: _____

*Email address: _____

**Required for all online classes*